ABSTRACT OF THE DISCLOSURE

A congestion management technique achieves an end-to-end data flow rate that is supported by a lossless communications network. The end-to-end rate extends from a source end node to destination end node of the network and is preferably at or slightly below a bottleneck rate of the network. The destination end node determines, on its own and without any help from network elements, a supportable rate of activity in the network and provides feedback to the source end node. By achieving such a rate, data transmitted by the source end node can flow through the network without loss of packets and without the use of substantial buffering.